

POSTOPERATIVE PAIN SCALE

Controlled	Minor (annoying, irritating, bothersome)	0	No Pain
		1	Minimal – Hardly noticeable (like a mosquito bite)
		2	Mild – Minor pain, noticeable when not distracted. (like a pinch)
		3	Tolerable – Pain is noticeable, troubling but can be ignored. (like a doctor giving you an injection)
	Moderate (aggravating, gnawing, throbbing)	4	Uncomfortable – Annoying or distracting pain. (like a toothache, bee sting, stubbed toe)
		5	Distracting – Strong, deep, or piercing pain that can only be ignored for short periods of time. (like sprained ankle)
Not Controlled	Severe (horrible, excruciating, unbearable, agonizing)	6	Distressing – Strong, deep, or piercing pain that is barely tolerable, can't ignore it for any length of time. (like headache, back pain, several bee stings)
		7	Intense – Pain is becoming unmanageable, can think of nothing else. (like migraine)
		8	Very Intense – Pain is making it hard to concentrate or to hold a conversation. (like childbirth, kidney stone)
		9	Severe – Intolerable pain, crying, moaning, unable to speak.
		10	Immobilizing – Pain so intense that you are unable to move, causes you to pass out. Worst imaginable pain.

Guide to Postoperative Pain Scale

You and your doctor have decided that surgery is the next step in your medical care. So what should you expect with regards to pain?

With any surgery or procedure, you should expect to have some pain and discomfort. The goal is to keep your pain at a controlled level during your postoperative stay.

Our role:

- Quickly respond to your pain control needs
- Use a combination of therapies to help control your pain
 - Narcotic pain medication
 - Non-narcotic/anti-inflammatory pain medication
 - Nerve block
 - Ice and elevation
- Achieve an acceptable level of pain control (5 or less) for discharge from the facility
- Review your pain management and recovery goals with you before leaving the facility

Your role:

- Prior to your surgery, review the pain scale found on the other side of this page, so you may report your pain accurately
- Be prepared that increasing movement may cause pain and discomfort
- Tell your nurse when pain is increasing beyond uncomfortable